



# Meal Prep Monday

Egg White an Spinach Omelet ● Vegetable Stir-Fry with Lentils

Hearty Italian Meatballs ● Buddha Bowl ● BLT Salad with Chicken



## Grocery List

Balsamic Vinegar

Extra Virgin Olive Oil

Cherry Tomatoes

Baby Spinach

Bacon

Eggs

Chicken Breast

Wild Rice

Sweet Potato

Beetroot

Kale

Red Cabbage

Cayenne Pepper

Turmeric

Tahini

Lemon Juice

Garlic

Hemp Seeds

Pumpkin Seeds

Lentils

Ginger

Scallions

Turnips

Paprika

Ground Beef

Ground Pork

Parsley

Oregano

Thyme

Basil

Carrots

White-Wine Vinegar

Brussels Sprouts

Green Beans

Avocado

Chickpeas

# BLT Salad with Chicken

2 tsp balsamic vinegar  
2 tbsp extra virgin olive oil  
1/2 tsp black pepper  
1/2 cup cherry tomatoes; halved  
4 cups baby spinach  
4 strips bacon  
3 hard boiled eggs; peeled and sliced  
1 cup cooked and chopped chicken breast

1. To make vinaigrette: In a glass jar with a tight fitting lid, combine olive oil, vinegar and pepper. Shake well to mix and refrigerate.
2. Cook bacon in a skillet, remove bacon and place on a paper towel to absorb excess grease and allow to cool.
3. Once cooled, crumble bacon into a large bowl and add chopped, cooked chicken breast, tomatoes and sliced hard boiled eggs. Add spinach, then drizzle vinaigrette over the mixture and toss gently to coat. Serve.

---

## Buddha Bowl

3/4 cup uncooked wild rice  
1 large sweet potato  
1/4 tablespoon olive oil to brush the potato  
1 medium beetroot peeled and spiralized  
2 handfuls of lacinato kale leaves  
1/2 tablespoon olive oil to massage the kale  
1/2 cup shredded red cabbage

1 avocado sliced

### THE SPICY CHICKPEAS:

1 can (14 oz.) chickpeas drained, rinsed and pat dry  
1 tablespoon olive oil  
1/2 teaspoon paprika  
1/2 teaspoon cayenne pepper  
1/4 teaspoon turmeric  
1/4 teaspoon salt

### THE LEMON TAHINI DRESSING:

1/4 cup tahini  
2 tablespoons lemon juice  
1 small garlic clove minced  
3 tablespoons water  
1/4 teaspoon salt

### TOPPINGS:

1/2 tablespoon hemp seeds  
1/2 tablespoon pumpkin seeds

1. Cook the wild rice according to package directions.
2. Preheat the oven to 392°F.
3. Place the chickpeas in a large bowl and toss with olive oil, cayenne pepper, paprika, turmeric, and salt until evenly coated.
4. Spread the chickpeas in an even layer on a rimmed baking sheet and bake until crispy, about 20 to 30 minutes.
5. Prick the sweet potato all over with a fork and microwave at HIGH just until tender, about 3 minutes.
6. Cut the potato into 1/2-inch-thick rounds, and brush each round on 1 side with 1/4 tablespoon of olive oil.
7. Heat a large skillet over medium-high heat, and cook the potato slices, oil side down, until golden brown, 2 to 3 minutes.
8. Prepare the lemon tahini dressing by whisking together tahini, lemon juice, garlic, 3 tablespoons of water, and salt until the mixture is smooth and creamy. If your dressing is too thick, add more water.
9. Divide all the ingredients evenly into 3 bowls, drizzle the lemon tahini dressing over the top, sprinkle with pumpkin seeds and hemp seeds.

# Vegetable Stir Fry with Lentils

1/2 cup lentils  
3 1/3 cups water  
2 1/2 teaspoons salt  
4 tablespoons olive oil  
1 tablespoon minced fresh ginger  
4 scallions including green tops, chopped  
2 turnips, peeled, quartered, and sliced thin  
3 carrots, sliced thin  
3 tablespoons white-wine vinegar  
3/4 pound Brussels sprouts, trimmed and sliced  
1 10 oz package frozen cut green beans

1. In medium saucepan, combine lentils, 2 cups of water, and 3/4 tsp of salt. Bring to a boil, reduce the heat, and simmer, partially covered, until lentils are tender but not falling apart (25-30 mins). Drain, cover, and set aside.
2. Meanwhile, in a large frying pan, heat 1 tbsp of oil over moderately high heat. Add half the ginger and scallions and cook, stirring, for 30 seconds. Add the turnips and carrots and cook, stirring, for 2 mins. Add 1 cup of water, 3/4 tsp of salt, and vinegar. Boil until the vegetables are tender and no liquid remains in the pan. Transfer the vegetables to a large bowl.
3. In the same pan, add the remaining 3 tbsp of oil over moderately high heat. Add remaining ginger, scallions and Brussels sprouts and cook, stirring, for 2 mins. Add the green beans and remaining 1/3 cup of water and 1 tsp salt. Reduce the heat and simmer until the vegetables are tender (5 mins). Stir in the carrot mixture and drained lentils. Serve.

---

## Hearty Italian Meatballs

1/4 lb. grass fed ground beef  
1/4 lb. ground pork  
2 tbsp dried parsley  
1 tbsp dried oregano  
1 tbsp dried thyme  
1 tbsp dried basil  
1 clove garlic; minced  
1 egg

1. Combine all ingredients in a large bowl and mix well. Roll into balls and place on a baking sheet or dish. Bake in a preheated oven at 375.

---

## Egg White & Spinach Omelet

2 whole eggs  
3 egg whites  
1 tablespoon olive oil  
1/2 cup baby spinach  
Salt and pepper

1. Combine the eggs with the egg whites. Heat a nonstick skillet over medium heat and add the olive oil and eggs to the pan. Top with the spinach and season with salt and pepper. When the eggs are cooked, fold over and serve.